

Weekly Diabetes Update

September 26, 2008

1.

World Heart Day – September 28, 2008



World Heart Day 2008

Do you know your risk?



World Heart Day 2008 - 'Know Your Risk' - is a call to action to help people better understand their personal risk for cardiovascular disease, including hypertension (high blood pressure). It will be held on **Sunday, 28 September**.

Heart disease and stroke is the world's largest killer, claiming 17.5 million lives each year. That's why World Heart Day was created, to create public awareness of risk factors for heart disease and stroke and to promote preventive measures.

Read more about World Heart Day when you click on the following website: <http://www.world-heart-federation.org/what-we-do/world-heart-day/about-world-heart-day/>.

2. *National Kidney Disease Education Program (NKDEP) Campaign*

And you can take part in this awareness day by ensuring the health of your family and loved ones. The National Kidney Disease Education Program (NKDEP) understands the value of *Take a Loved One to the Doctor Day* and urges you to encourage your Loved Ones to visit or make an appointment with their doctor today!

Protecting your kidneys is key to avoiding kidney disease and managing diabetes and high blood pressure—the two leading causes of kidney disease, and two health conditions that affect increasing numbers in the African American community. Because kidney disease can run in families, *Take a Loved One to the Doctor Day* can be the perfect opportunity to focus on your kidney health.

Visit www.nkdep.nih.gov for more information about kidney disease and resources you can use to help talk to loved ones about their kidney health.

3. 211 – Get connected. Get Answers.

The new 2-1-1 telephone number is now available to help Missourians find fast, free and confidential help for health and human services. The 2-1-1 call center, available 24 hours a day, seven days a week is being offered throughout Missouri by the United Way of Greater St. Louis. Funding comes from Missouri Foundation for Health (MFH) and United Way of Greater St. Louis. Ten other United Way organizations throughout the state are involved in the effort.

2-1-1 connects people to needed health and human service organizations and volunteer opportunities in their communities. The 2-1-1 system is now available for nine out of every 10 Missourians serviced by either AT&T, Century Tel or Charter telephone companies. Missourians served by all other telephone companies will be linked into 2-1-1 in spring 2008. At that time, Missouri will become the 21st state to have complete coverage.

More information and resources, including a searchable database of services available can be found at: www.211missouri.org.

**4. CareLink**

The **CareLink** program provides needed health care services to the uninsured/ under-insured residents throughout the Northeast Missouri Rural Health Network's (NMRHN) eleven-county service area. The **CareLink** partners recognize that a strong safety net improves overall public health; reduces school and work absenteeism; reduces unneeded emergency room visits; and supports patients who need care the most!

Read more about CareLink at the following website: <http://www.nmrhn.org/carelink.asp>.

**5. Seven Steps to Healthy Living for You and Your Family**

There is no need to feel guilty about spending time and money on your own personal health. Taking care of your diabetes or preventing yourself from developing type 2 is not only good for your sake, but for your family's as well.

Click on the following website to see seven steps that you can take to achieve a healthier lifestyle for you and your family: <http://www.diabetes.org/all-about-diabetes/thriving-with-diabetes.jsp>.

6. American Diabetes Association Announces New Latino Diabetes Toolkit

The American Diabetes Association, through a grant from the Abbott Fund, is introducing its new Adult Prevention Toolkit designed specifically for community-based and faith-based organizations in Hispanic/Latino communities. The toolkit provides organizations with comprehensive and culturally relevant information on diabetes and healthy living.

Read more in this article from the American Diabetes Association post on line at:

<http://www.diabetes.org/diabetesnewsarticle.jsp?storyId=18461129&filename=20080918/newsrx20080918engnewsrxengnewsrx1244228844272534940602742EDIT.xml>.

7. Nutrition Smarts

We've all heard it - breakfast is the most important meal of the day. Many of us feel too rushed in the morning to always make good choices. But you can plan ahead to fit a healthy breakfast into your busy schedule.

Cereal is a winner for kids and adults alike. Served hot or cold, some cereals have as little as one gram of fat per serving, and whole grain cereals are high in vitamins and fiber. To boost your calcium intake, start your day with low-fat cottage cheese and some sliced fruit, or grab a yogurt and sprinkle some granola on top. Blend a fruit shake in a minute, or grab a piece of fruit as you walk out the door. Muffins made the night before are a favorite portable breakfast.

You can find additional tips at the following website:

http://www.foodfit.com/healthy/archive/healthyBook_may31.asp?ic=506041. \

**8. The Secret Ingredients Behind Germinated Rice**

A team of researchers has identified the active compounds that contribute to the health benefits of pre-germinated brown rice; the healthy components are a related set of sterol-like molecules known as acylated sterol-beta-glucosides (ASGs).

Read more in this article from Medical News Today posted on line at:

<http://www.medicalnewstoday.com/articles/122528.php>.

9. Nutraceuticals Might Help Prevent Diabetes

People at high risk for developing type 2 diabetes might be able to delay or prevent the disease by taking certain food supplements and making lifestyle changes, according to a new book by Dr. James W. Anderson, an internationally recognized authority on metabolic diseases and weight loss and professor emeritus of medicine and clinical nutrition at the University of Kentucky College of Medicine.

Emerging evidence suggests that risk of diabetes can be reduced by a combination of weight loss, exercise, dietary changes and the use of supplements called "nutraceuticals," extracts of certain foods purported to have a physiological benefit or provide protection from disease.

Read more in this article from Diabetes News posted on line at:

<http://www.diabetesnews.com/>.

10. Randy Jackson and the American Heart Association Encourage People to "Get In The K.N.O.W." About Improving Type 2 Diabetes Management

Randy Jackson, music industry veteran and TV personality, understands the importance of properly managing type 2 diabetes. For the second year, he has teamed up with the American Heart Association to encourage people with type 2 diabetes to enroll in The Heart of Diabetes(TM) campaign.

Read more in this article from Market Watch posted on line at:

<http://www.marketwatch.com/news/story/randy-jackson-american-heart-association/story.aspx?guid=%7BBAFCA8BF-B30A-4EF6-8CBA-9B38AA8CDB89%7D&dist=hppr>.

11. Take a Child Outside' week gains some ground

A large group of well-meaning officials from several states have a message for you and your family: Go take a hike.

They're urging moms and dads to take their kids away from the television and go outside for some fresh air as part of "Take a Child Outside" week from Sept. 24-30.

The special week began last year in North Carolina, and has now spread throughout much of the U.S. About 250 organizations in the U.S. and Canada are taking part this year.

The Missouri Department of Natural Resources has partnered with several local organizations to offer hiking, fishing, boating, camping and explorer programs in state parks there as part of the national "Take a Child Outside" Week.

Read more in this article from the Associated Press posted on line at:

http://ap.google.com/article/ALeqM5gHoU7-j53zcaZpzKHrWCa2WB_xCQD93543T00.

12. Weekly Diabetic Recipe – Easy Nachos

Please go to the following website to enjoy this week's recipe:

<http://recipes.howstuffworks.com/easy-nachos-recipe.htm>.

